

Figure 1- A venn diagram describing

Diversely Geek's core ethos values and how they relate to "Embracing Your Inner Geek" Phase One shows the natural overlapping of these core values and our belief that Embracing Your Inner Geek as a central principle and health connective process can be a supportive medium as we progress in the journey to self-care

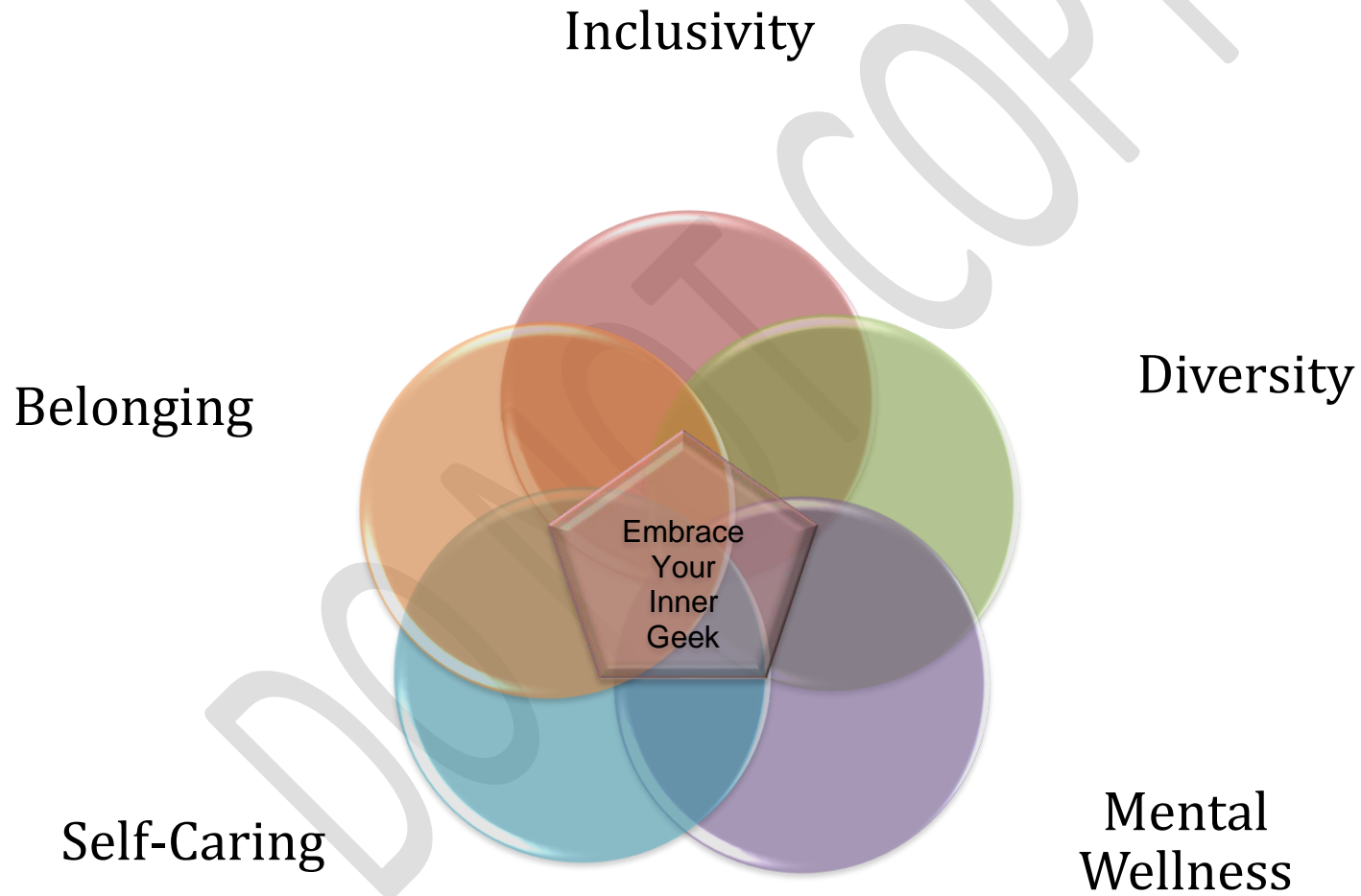


Figure 2- venn diagram describing

Diversely Geek's core ethos values and how they relate to "Embracing Your Inner Geek" Phase One shows the natural overlapping of these core values and our belief that Embracing Your Inner Geek as a central principle and health connective process can be a supportive medium as we progress in the journey to inclusion, self-care and mental wellness. And further demonstrates how each area of inclusion, self-care and self-awareness of self can be achieved when we engage in healthy fandoms and then healthy fan connections

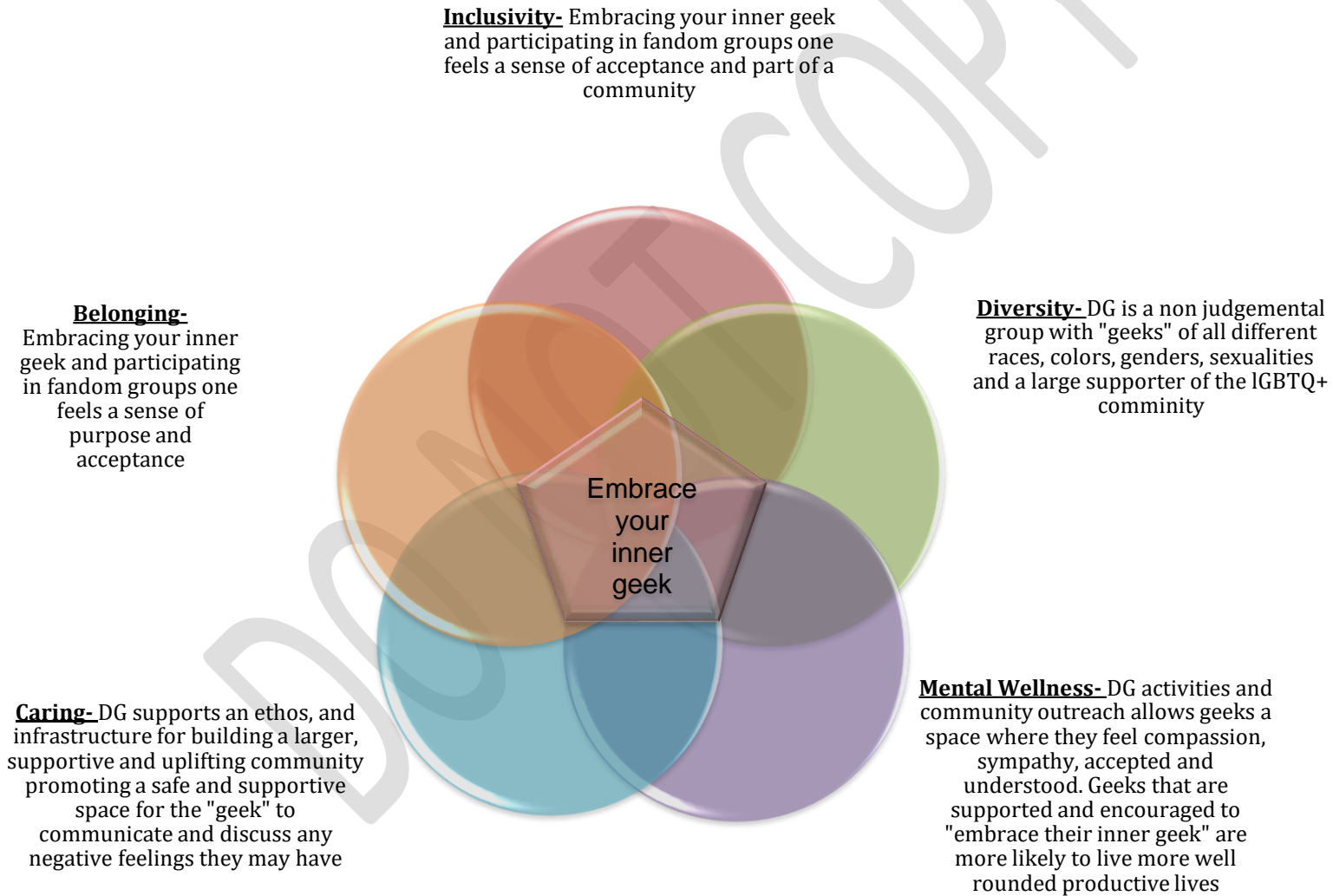
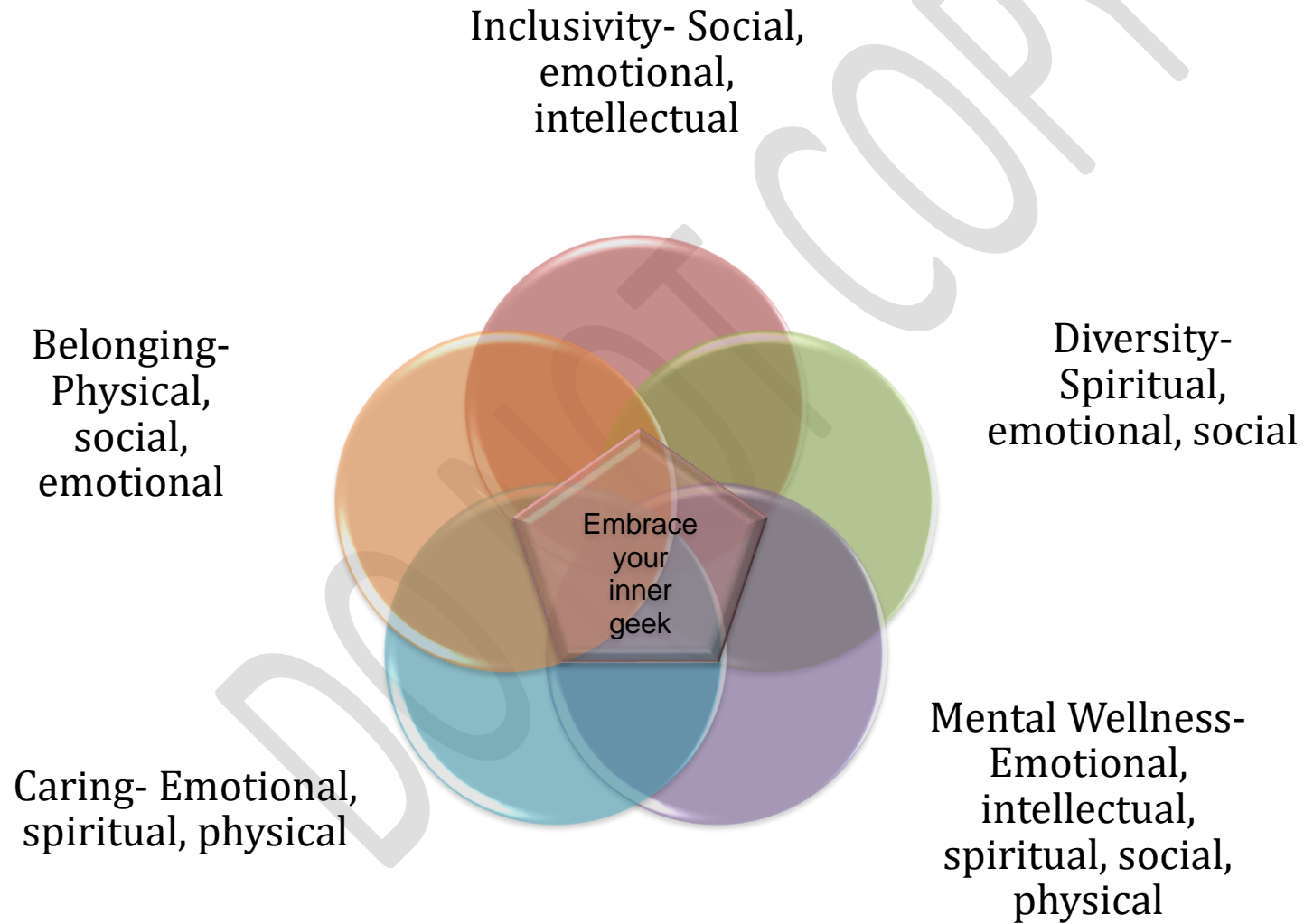


Figure 3- A venn diagram

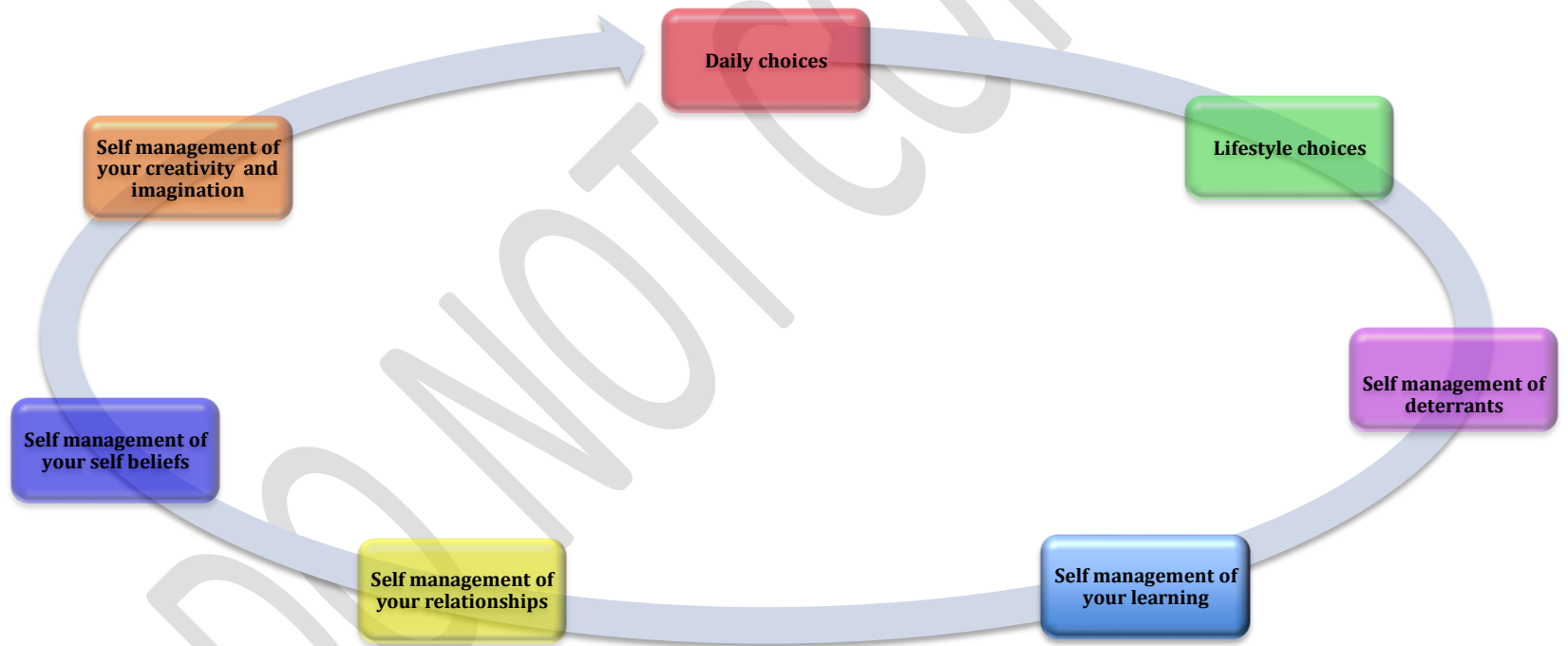
Diversely Geek's core ethos values and how they relate to "Embracing Your Inner Geek" Phase One shows the natural overlapping of these core values and our belief that Embracing Your Inner Geek as a central principle and health connective process can be a supportive medium as we progress in the journey to inclusion, self-care and mental wellness. Demonstrating how each area of value when needs are addressed and met, also address the 11 phases of self-actualization as stated by Abraham Maslow



The Self-care continuum of healthy living:



PURE SELF CARE IS MANAGING YOUR CHOICES; HOW YOU CHOOSE TO CARE FOR YOUR PHYSICAL, SPIRITUAL, EMOTIONAL, MENTAL AND PROFESSIONAL HEALTH AND WELLBEING



OUR LIFE IS LIKE A WAVE IT EBBS & FLOWS, FACES TIDES & STORMS